

BOSTON

VAPOR BATHING
INSTITUTION.

CONDUCTED BY

MASON M. MILES, M. D.

AND

MR. CYRUS BLODGETT.

REAR OF MARLBORO' HOTEL,

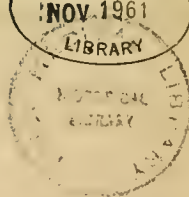
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DAVID S. FOGG, M. D.



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Entered according to Act of Congress, in the year 1850,
BY MASON M. MILES AND DAVID S. FOGG,
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INTRODUCTION.

In our observations upon the Vapor Bath, we wish to be distinctly understood as not having any reference to *the* system of *steaming* practiced by Samuel Thomson and his followers.

This invaluable remedial agent has been in use for many centuries. It is a well known fact that Rome had no physician but her baths, for five hundred years. These were frequented by her inhabitants at least once a week, and by many daily, whether in a state of health or sickness.

The Russians no doubt owe their great longevity and their extraordinary robust health, to their *daily* use of the Vapor Bath. The Russian Vapor Baths are highly exhilarating and refreshing. We have been informed by Russians that they have been accustomed to these baths from their youth, and after taking them, they plunge into a pool of cold water, or roll in the snow. This sudden change they say produces no ill effects, but on the contrary a salutary and happy influence, by hardening the system, and preparing it to bear the rigor and severity of their climate. Not only in Russia, but in all the cold regions of Europe, the peasant, as well as the nobleman, has his Vapor Bath, to which he resorts in sickness and in health—for pleasure and for cleanliness.

The Vapor and Hot-Air Baths are very extensively employed on the Continent, for the cure of various diseases.

The King of Prussia caused a Vapor Bath to be constructed at his palace, about the year 1816; and in the year 1818, the Princess Marianne, sister in law of this sovereign, was at the opening of the first public Vapor Bath in Berlin, and allowed it to receive her name.

The Vapor Bath has been in use in Turkey for many years. "Of all the Turkish remedies," says Dr Madden, "the Vapor Bath is the first and most efficacious in rheumatism," &c.

Thus we see the Vapor Bath has had a high reputation for many years. Believing that the mass of the American people are very poorly informed on the subject of Vapor Bathing, we propose to give, in the following pages, a history of the baths which are administered at our institution, viz.:—

The Plain Vapor Bath,	- - -	price,	50
" Whitlaw Medicated Vapor Bath,	- -		1 00
" Sulphur Fume Bath,	- - - -		1 00
" Iodine Vapor Bath,	- -		1 00

Terms, Cash, in advance.

The above Baths are administered every day, (Sundays excepted,) from 8, A. M. to 9, P. M.

This is one of the most extensive and best arranged institutions of the kind in this country. The Ladies' Department is entirely disconnected from the Gentlemen, and is attended by females who have been in the business for a series of years.

PLAIN VAPOR BATH.

HEALTH is one of the greatest temporal blessings which we can enjoy ; it is the main spring of action—without it we can not perform the duties of life. The proximate cause of morbid or diseased action in the system, is attributed, by the most eminent physicians, to a deranged state of the exhalant arteries of the skin, or follicles immediately under it. The skin is a smooth and delicate membrane, forming the external covering of the body. It is the last stroke of the great artist and marks the “form divine.” It is composed of three layers or coats. First, we have the scarf skin, being the exterior part ; insensible and rough. It is this which is raised in blisters. Next to this is a very thin layer of paste, called “*rete mucosum*,” and on this depends the color. In the African this paste is *black* ; in the Indian, *copper colored* ; in the Spanish, *yellow* ; and in our race, *white*. Thus, as this coat makes the difference of color in the human family, it should not form the criterion of moral character or worth ; but it should be merit or demerit ; or in other words, *virtue*. The third or last coat is the *true skin*, which is thicker than the others, and lays next to the muscles. The color of this membrane is nearly the same in all races of men, being as white in the Negro as in the European. The true skin is freely supplied with blood vessels and nerves. The exhalant and absorbent vessels, called pores or capillaries, are so numerous that the point of a pin cannot be directed to the skin without coming in contact with one or more of these vessels.

Nature has designed to throw out through the pores of the skin, nearly six-eighths of all that we take into the system.

Hence the importance of keeping this organ in an unobstructed state. When it is in a healthy condition, there is a sensible or insensible perspiration constantly going on; but when this exhalation is not present, disease must, to a greater or less extent, supervene. Indeed, perfect health cannot long continue without it. What then can be more important to health, than an unobstructed state of this organ? And what agent on earth better adapted to remove the cause of the disease, than the Vapor Bath? It possesses the power of producing profuse perspiration in any state of the body; therefore its effects must be salutary, efficacious and powerful. It arouses a healthy action in the system, determines the blood to the surface, and throws from the circulating fluid the various impurities with which it is loaded. When the body is laboring under disease, the restoration of that salutary discharge called diaphoresis, or perspiration, has long been the desideratum of the medical profession, and is in all cases the first symptom which indicates an approach towards a recovery, and when that cannot be produced, morbid action must be present, and disease continue. Here then is the desideratum at once; for in *any state of the body*, this actual discharge can be brought on by the vapor bath, at will, and consequently a crisis formed in any stage of the disease. Its immediate effects are, an agreeable and pleasant cleansing or purification of the whole body, producing an equilibrium in the circulation of the blood, promoting animation, liveliness, and a desire for food, in all cases where the general strength is not impaired. It immediately relieves constriction, congestion, spasm, asthma, colic, ardent fever, thirst, dry and hot skin, and all ordinary colds.

But in cold, inactive states of the body, attended with a depravity of the functions of secretions, and in phlegmatic and debilitated habits, the Whitlaw Medicated Vapor Bath should be used instead of the plain vapor bath.

Cold, Warm, and Shower Baths, are valuable agents for persons in health, and should be applied every day, when there is nothing to contra-indicate it. But no water bath in use, can begin to compare with the vapor bath in utility. People would be great gainers in health, if they would resort to the vapor bath *once a week*, in addition to bathing in water every day.

WHITLAW'S MEDICATED VAPOR BATH.

THE above named bath was originated nearly thirty years since, by Charles Whitlaw, Esq., of London, England. He first constructed an apparatus for administering the plain vapor bath; but finding that the frequent repetition of the vapor of water, brought on relaxation of the muscles, and general debility, he had recourse to medication, by the use of various medical substances.

After a long course of study, and repeated experiments, he was enabled to discover suitable remedies for medicating the bath; applicable to the different diseases to which the human system is liable.

About twenty-five years ago Mr. Whitlaw came to America and remained for two years or more. During his stay in this country, he established his baths in the cities of New York, Albany, Washington and Charleston, S. C.

At a subsequent period his baths were introduced into the city of Boston, by Dr. Wm. Ingalls, one of the oldest members, now living, of the Massachusetts Medical Society. They have been kept in successful operation for most of the time since they were established by Dr. Ingalls; and for the last seven or eight years, they have been under *our* supervision.

Since they have been under our direction, there has been more than *twelve thousand* of these baths administered to persons afflicted with various diseases, such as the following, viz: Salt Rheum, Scrofula, Gout, Rheumatism, Diseases of the Eyes and the Liver, Dyspepsia, Ring Worms, Pimpled Face, Erysipelas, Palsy, Ticdoloureux, Neuralgia, Nervous Irritability, Dropsy, Deafness, Asthma, Catarrh, Cancer, Consumption, (Phthisis Pulmonalis,) Leprosy, Sciatica, Epileptic Fits, Diseases of the Hip and Knee Joints, Lumbago, Coldness of the Hands and Feet, Diseases of the Kidneys and Bladder, Weak and Stiff Joints, Female complaints in general, and almost all Chronic affections.

It is not pretended that every disease which preys upon the human system, is dissipated by these Baths alone. We have found, however, by long experience, that the Whitlaw Bath is one of the most efficacious agents ever discovered, for removing various diseases of an obstinate nature; and in connection with other appropriate medical treatment, will

effect a permanent cure in all cases within the reach of human skill ; and it has proved a remedy, in hundreds of instances, when every thing else has failed. This has been the case with the instances named above : most of them had been under a variety of treatments, by eminent medical men, yet without any permanent benefit. A large majority of them, however, wholly recovered under the influence of this Bath, and other treatment, and have since enjoyed good health.

In medicating these Baths for different diseases, the same regard is had to the properties of the medicating material, as in the exhibition of medicines by the stomach ; and the rules of prescription, under certain modifications, are the same. Hence the importance of having them under the judicious guidance of a responsible physician, who understands the pathological condition of the patient at the time, and the maladies to which they are adapted. Under such circumstances the beneficial results of the Bath, in the diseases already named, may be relied upon in the majority of cases, with little fear of ultimate disappointment.

These Baths are invaluable agents in removing severe Colds, Coughs, and attacks of almost all acute and painful affections, besides being among the greatest luxuries that can be enjoyed. They restore natural perspiration, and produce a soft and moist state of the skin, which many persons have not experienced for several years, previous to their taking these Baths.

The usefulness of these Baths as an aid in the practice of medicine, is not to be calculated. We have made the theory of these Baths a part of our medical studies for many years ; and nearly eight years of assiduous attention, enables us unequivocally to state, that *we know* that the Whitlaw Baths, under judicious medical regulations, are mild, safe and efficient agents in the treatment of a large portion of the diseases to which the human family is liable.

The idea is prevalent in the minds of some, that a succession of the Medicated Vapor Baths produces constitutional debility. We can assure the public that this is not true, unless they are given in a rude manner, by persons ignorant of their *modus operandi*. The sensations experienced by those who take them, are almost always increased vigor and elasticity of body, and cheerfulness of mind. The more lasting impressions upon the system generally, are those of a tonic.

The appetite is improved, the stomach and all the digestive organs are rendered more energetic and successful in the execution of their various labors upon "the plastic elements of nutrition," and the patient is quite certain to gain flesh, unless measures are taken to avert such an occurrence. These baths may be taken at all times and seasons, without risk of "taking cold;" and the reason is this: The operation itself induces a state of great activity in the general circulation, and the vapor of the materials used cleanses and strengthens the skin, which condition fortifies the individual against any danger arising from subsequent exposure in the open air. The Medicated Vapor Bath is an invaluable agent in the treatment of pulmonary consumption, that malignant malady which sweeps away so large a number of both young and old. The lungs are readily reached by inhaling the vapor of the bath, and this will often restore them to health, (with the aid of other proper medical treatment,) when all other means have failed. When the patient is beyond recovery, the pain and suffering so often attending the last stages of this disease, are alleviated by inhaling the medicated vapor.

The following detail of cases, in the relief of which the Medicated Vapor Bath was found efficacious, when all other remedies had failed, is taken from a paper published by the American Society, of which Wm. Ireland, M. D. was the consulting physician in New York.

The great utility and happy effects attending the judicious use of these baths, in all diseases dependent on, or connected with, an obstructed state of the exhalants, or otherwise deranged action of the verruca sebaceous, subcutaneous follicles, or other structural functions of the skin, are daily and hourly becoming more manifest, as is evinced by many of the most liberal and highstanding practitioners in the city, using them in their own families, and ordering them in their private practice.

From a list of the most remarkable cases, which is kept at the establishment for the inspection of those interested, it will be found that the complaints which most speedily and certainly give way to the use of these baths, with the aid of other proper medical treatment, are the following:—Rheumatic and gouty affections, attended with ulcers, blotches and eruptions of the skin, particularly when originating from the improper

use or abuse of mercury. Scald-head, daw-worm, salt rheum, erysipelas, pimpled face, dry-scurvy, leprosy, ring-worm, tetters, and all other obstinate and hitherto unmanageable diseases of the skin. All exanthematous affections of the skin, are deprived of their alarming symptoms, when brought under the use of these baths; indeed, by their use the future violence or mildness of the symptoms may be regulated at will. These are facts of the greatest importance, and merit a more strict and minute investigation by the enlightened, liberal, and inquiring part of our profession. Putrid and ulcerated sore throats, croup, asthma, thrush, whooping cough, quinsy, enlarged tonsils, ear-ache, deafness, and tic-doloureux, are immediately relieved, and, with proper medical treatment, certainly and quickly cured. Nervous irritability, debility, and other asthenic and phlegmatic affections, attended with cold hands and feet, nervous head-ache, indigestion, constipated bowels, tawny, sallow, bloated, husky, and dry skin, are found to experience immediate relief and quick recovery. Diseases of the liver, jaundice, bilious and painter's cholic, cramp, spasm, convulsive fits, paralysis, epilepsy, visceral obstructions, dropsy, glandular obstructions, and scrofulous diseases are relieved and cured by the aid of these baths, in a much shorter period than any other mode of treatment ever employed. Diseased hip-joint, white swellings, rickety and other diseases of the bones and joints, where ankylosis has not absolutely taken place, are certainly benefitted, and in most cases ultimately cured by the use of these baths, with proper diet, and other remedies. In obstinate and long-standing intermittents, attended with organic and glandular derangement, the effects of the bath are most happy and certain; many having been cured by one single bath only, when taken at the very commencement of the cold stage. In typhoid and other ardent fevers, where perspiration and softness of the skin cannot be brought on, and where, consequently, the morbid poison and acrimonious secretions of the diseased body are choked up and retained by an obstructed state of the exhalants and glandular follicles of the skin, these baths never fail to produce the wished-for effects, and thereby put an immediate stop to the ravages of the disease. These salutary and curative effects thus produced on the body, must be attributed to the escape of hydrogen and azotic gas,

which is known to exist in diseased or putrescent animal matter.

What an unbounded and untravelled field do these very important facts present to the enlightened medical philosopher for investigation !

In sudden colds, checked perspiration, influenza, swelling of the tonsils and glands of the throat, these baths never fail to give instantaneous relief, and produce a certain cure.

If the occasional use of these baths be considered as a source of comfort and pleasure, they surpass any thing of the kind ever invented ; for they not only impart agreeable sensations to the mind, but keep the skin diaphanous and clear, and the body perfectly healthy. As a general detergent and cleanser of the surface of the body ; removing the dead particles of the cuticle ; causing the blood to circulate with freedom and ease in the most minute exhalant vessels of the skin ; lighting up a fresh and healthy glow in the most sallow and tawny countenance, it is incomparably superior to any aqueous bath in the world. They relieve exhaustion, languor and fatigue, raise the spirits, and tranquillize nervous irritability, assist digestion, and increase appetite. These effects are partly produced by the agreeable feelings and pleasurable warmth of the vapor ; and partly by the inhalation and absorption of the oily, oxygen, and other exhilarating gases existing in the effluvia, extracted or set at liberty from the aromatic, antiseptic, and fragrant vegetables employed in the process. Hence is to be attributed, also, many of the curative properties of this bath. " I am myself," says Dr. Ireland, " so fully satisfied of its very extraordinary and powerful effects as an aid to general practice, that I would not be without it for all that I have hitherto known of my profession. It may for a time, like all other valuable inventions, meet with opposition from the illiberal and uninformed ; but truisms and facts will certainly, though slowly, make their way ; and the time will come when the profession can do no more without the aid of the vapor bath, than it can without the aid of the lancet. Had I been acquainted with the vapor bath while many years surgeon to the British army in the West Indies, how many thousand victims could I have saved from the unrelenting jaws of death ; and how would my mingled feelings of sorrow and regret have been changed to satisfaction and pleasure !"

*Extract of Dr. Holbrook's Letter, of Charleston, S. C., to
Charles Whitlaw.*

DEAR SIR : — From time to time I will, agreeably to your request, send you such bath cases as opportunity may offer. From the hour you showed me your bath, and described its powers and efficacy, I have continued to nurse it as a favorite child ; it was the means of restoring a beloved wife to a comparative state of health, and has been the sole means of her enjoying it in a degree that she never could have experienced without its aid ; and I verily believe, it has prolonged her life from last May to the present time, with a reasonable prospect of its continuance for, I hope, many years yet to come. She was, as you can recollect, when I first carried her to your establishment in King street, at death's door from phthisis pulmonalis of long standing ; cough, expectoration, night sweats, sore throat, diarrhœa, loss of appetite, great emaciation, wakefulness, &c., were amongst the prominent symptoms of her case ; and for *eleven months* previous she had not been able to walk about, or even sit up from her bed, more than an hour or two at a time. Now her appetite is good, no cough nor expectoration, good sleep at night, sits up all day, goes up and down stairs at pleasure, and often walks round to the baths, No. 3 Chamber street, and back again after a bath without fatigue ; — for this great relief she feels solely indebted to your bath. You appear to have united in your baths, the principles of all that is valuable in bathing, whether ancient or modern, — whether used by civilized or uncivilized nations, residing in the cold or hot climates of the earth.

The *modus operandi* of the process, and its effects in the particular diseases for which it is used, are no less rational than they are truly scientific ; and as the vegetable kingdom affords to our *materia medica* an extensive choice in the different classes of their medical virtues, that have been tested by ages of experience — if to convert the essential properties of those simples into vapor, and thus to cause the inhalation of those vapors to effect the relief or cure of individuals laboring under disease, be an innovation upon the science of medicine, so also must every recent chemical product, and

every new formula, offered as a remedy, be deemed likewise an innovation.

Of those who have taken the medicated vapor bath in connection with other suitable remedies, 246 were cured of the following diseases: 66 of rheumatism, 14 consumption, 21 bad colds, 24 cutaneous affections, 25 fever and ague, 5 bilious fever, 8 liver affected, 4 hæmorrhoids, 1 leprosy, 3 scurvy, 13 scrofula, 4 bad ulcers, 7 asthma, 10 dropsy, 2 dysentery, 1 pleurisy, 5 palsy, 7 sore throat, 3 leucorrhea, 2 suppression of the menses, 2 hæmoptysis, 2 erysipelas, other diseases 84. Total in five months, 246.

Heat and moisture united have been long known to the intelligent physician among the most valuable means of cure in certain cases; and wherever they have been most accurately known, they have been most highly appreciated — and in no way can they be so effectually administered as by vapor baths.

Pure morals have been invariably connected with cleanliness; we would, therefore, claim for this bath the merit of having, in this respect, a friendly influence upon society. Its immediate effects are a pleasant sensation of comfort, and an agreeable warmth upon the whole body; the skin seems extended, and becomes softened; the dry and useless scarf-skin soon becomes detached from its whole surface, and then follows a strong inclination to sleep. After a bath the person feels recruited and refreshed, his spirits are more buoyant, he experiences an agility and flexibility of muscle to which he was before a stranger, and, in general, all the functions of the system are in healthy exercise, with more ease, and certainly with greater strength and energy.

You will see when you compare our little population with your own city, that we have done very well indeed. We shall be always happy to hear from you of your health and welfare, and also all things relating to the baths; all publications relating to it, which may make their appearance, would be of service in putting down interest and prejudice. Mrs. H. begs a kind remembrance to yourself and lady, in which I most cordially join.

With respect and esteem,
I subscribe myself your sincere friend,
MOSES HOLBROOK, M. D.

To C. Whitlaw, Esq.

In the city of Washington a committee was formed, who purchased Mr. Whitlaw's Vapor Bath, for the use of the public; of their first report the following is an extract:

Vapor baths in this country have usually been the mere exposure of the body (except the head) to sulphurous exhalations, with a view to relieve rheumatic affections; or else the application of vapor by a spirit-lamp, to a patient in his bed, so as to produce profuse perspiration. But this latter mode has been found exceedingly inconvenient, and, in some instances, highly dangerous, from the excessive damp imparted to the bedclothes by the operation. Besides, it is evident that no other object can be effected in this way, than merely exciting perspiration, and that without due regulation.

Mr. Whitlaw's vapor bath has not only decided advantages in these respects, but it attains other ends. It has a remarkable effect of clearing the skin from troublesome eruptions, and giving it a softness and freshness that is a striking indication of improved health. We believe that in all cases it has been useful, but the most numerous class of cases in which it has afforded almost immediate relief, and in several, complete cure, are those of recent colds, rheumatism, inflamed eyes, eruptions on the skin, scrofulous swellings, and general debility.

A considerable number of patients, whose eyes were so diseased that they had been completely laid aside from their usual avocations for many weeks, and suffered intense pain so as to deprive them of sleep, and who had been subjected to the usual course of bleeding, blistering and depletion by cathartics in vain, have been effectually cured by the bath: in some cases, by three times using it; in others, six or eight times. Some of these persons are citizens of great respectability, to whom a personal reference can be made.

The following cases are taken from a report published by the physicians, who superintended the institution at Albany some time since.

Elephantiasis.

Mrs. G. was affected with elephantiasis, which, during eight years, had resisted the prescriptions of many profes-

sional men in the West Indies, Scotland, and America. The case was radically cured by twelve baths, without any other material prescription.

Disease of the Liver.

Mr. C. of this city, was affected with the liver complaint nine or ten years ; during which time he had the advice and aid of twelve medical gentlemen of great respectability in New England, and in this city. His case was once examined at one of the medical colleges in Massachusetts, by a professor, in the presence of all the students, but he had never received more than a partial, trifling and ephemeral benefit. A large abscess, which had formed in his side in the region of the liver, was opened, and before it closed discharged nearly a gallon of matter. After it closed another appeared in the same place, and progressed so near to suppuration, as to determine the attending physician to open it in the course of three or four days. In the interim the patient concluded to try the effect of the bath. A single bath produced an evident and almost immediate diminution of the tumor ; and in less than forty-eight hours the last vestige of it disappeared, and has not returned after the lapse of six months. Mr. C. is a well-informed and respectable man ; and he stated to me, a day or two since, that from the time he was nineteen years of age, he never had experienced more than a trifling and transient alleviation of the symptoms of liver complaint, until he took the medicated vegetable vapor bath ; and that now after a succession of baths, he suffers but very little inconvenience from the small remains of his disorder, which is still diminishing.

Diseased Hip Joint.

A physician of a deservedly high grade in the first class of his profession, had a patient affected with a diseased hip joint, for whom he prescribed the usual remedies, but without success. At a time when this patient was so debilitated as to be unable to walk but very little, even with the aid of crutches, it was determined, after much inquiry and investigation, to try the effect of the medicated vapor bath. Six baths enabled the patient to walk about the house with crutches. Six

more were succeeded by the ability to walk in the street with crutches. A succession of baths, probably thirty or forty, has enabled the patient to dispense with the use of crutches and to walk the street without them; and on the evening of the 29th of the last month, this person danced four or five cotillons without any apparent difficulty, or any subsequent injurious effects.

Diseased Knee.

A person of great respectability in the western part of this state, had nearly a year been unable to walk without the aid of crutches, owing to a complaint in the knee. Several of the most respectable medical gentlemen in that part of the country, who were consulted on the case, entertained such various opinions as to the nature of the disease, as left it doubtful whether it was a white swelling or not. Their prescriptions affording no relief, the patient was taken to Philadelphia, and placed under the care of one of the first professional gentlemen of that city. Obtaining no relief, and being declared incurable, the patient left Philadelphia to return home hopeless of recovery. In this city, it was deemed advisable to consult Dr. —, the physician alluded to in the case last stated, who, having witnessed the efficacy of the bath in that case, recommended it as most likely to afford relief in the present. The result proved the efficacy of the remedy; for this patient, after a few weeks' use of the bath, was enabled to walk without crutches, and to return home without the need or aid of them.

We will notice three or four cases, which have come under our own treatment, with a view to add to the testimony of the efficacy of this bath as a medical remedy.

CASE I. — *Chronic Rheumatism.*

PHILIP CUSHING, Esq., of Newburyport, Mass., was affected for a long time with rheumatism. After taking the prescriptions of several physicians for some length of time, without any improvement, he came to this city for medical advice. He consulted one of our best physicians, who recommended the Medicated Vapor Bath. When he first came to our establishment, it was with great difficulty that he could walk

from his carriage to the bath-room, with the aid of crutches. The disease affected the limbs, principally the joints, and was attended with severe pain and some swelling. In five or six weeks, the bath, with the aid of other medicines, effected a perfect cure. From this time, he enjoyed uninterrupted health until his death, which occurred five years after from typhoid fever.

CASE II. — *Consumption.*

About six years since, we were called to Miss ELIZA A. NELSON, of Boston, who was very low from phthisis pulmonalis, the origin of which had been of long standing; severe cough, expectorating large quantities of pus night and day, night sweats, sore throat, loss of appetite, great emaciation and wakefulness, were amongst the prominent symptoms of her case. We prescribed such medicines and diet as we generally use in pulmonary consumption, and after she gained sufficient strength, the Medicated Vapor Bath. Under this course of treatment, which was pursued for about four months, the cough and expectoration subsided, and all the other symptoms; and she has enjoyed a good degree of health to the present time.

She feels that her recovery is almost a miracle, as her father's family have all died young with consumption, except herself and one sister.

CASE III. — *Erysipelas.*

Mrs. A—— H——, of Jamaica Plains, Roxbury, Mass., a lady about 60 years of age, was affected with chronic erysipelas nearly 30 years, during which time she had the advice and aid of medical gentlemen of great respectability, but she had never received more than a partial, trifling and ephemeral benefit. The pelvis is thrown into a very unnatural position; the left hip and knee joints have become calloused; the uterus very much enlarged and having ulcers, which discharged pus daily. This had reduced her strength, and she had become a great invalid. At the time we were called to prescribe for her, (about six years since,) she had, in addition to the above named symptoms, a very severe cough, and great stricture and pain in the chest. We ordered medicines for the cough and pain in the chest, which soon subdued those

symptoms. We then prescribed such remedies and treatment as her case seemed to demand. In about two months, she was able to ride into the city, and take our Medicated Vapor Baths. She has since enjoyed very good health, and (to use her own words) she feels about thirty years younger than when she commenced our course of treatment.

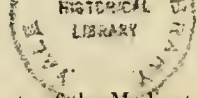
CASE IV.—*Hip Disease.*

Miss MARY ANN FIELD, of Northfield, Mass., came to our establishment for medical treatment, for disease of the hip joint, in June, 1844. The disease originated in an obstinate scrofulous humor, which finally concentrated in the left hip joint.

The disease had been gradually coming on for about twelve years. Somewhat more than three years previous to the first named time, she applied to a physician for the first time in this case. After taking his prescriptions for some months without any improvement, she came to Boston, and entered the Massachusetts General Hospital, where she remained six months, without any change, except that her strength was very much reduced. At the end of this time she returned to her home in the country, and consulted two eminent physicians, whose prescriptions she followed for a year, but without any advantage to her health.

After much inquiry, she concluded to come to our Institution and make trial of the Medicated Vapor Bath. When she commenced with the bath she could walk on an even floor only, with the aid of a cane. She had severe pain, deep in the joint, and many times, when she attempted to walk, the pain became intolerable. There was much constitutional suffering, and she had become very thin and pale. She commenced with the medicated bath the next day after she arrived in Boston, which was continued six months, in connection with other medical treatment. In four months she laid aside her *cane*, and has had no occasion to use it since. At the end of the six months she returned home, restored to a good degree of health. She is now married, in good health, and attending to all of her domestic duties.

Numerous other cases could be given, equally interesting, but it is deemed unnecessary.



To recapitulate,—the specific effects of the Medicated Vapor Baths are —

1. To equalize the circulation of the blood, and hence to remove coldness of the hands and feet, and lessen the determination or flow of blood to the head.

2. To promote sweat, and re-establish insensible perspiration, and thereby relieve symptoms of internal inflammations.

3. To diminish nervous irritability, and cure tiedoloreux.

4. To promote cutaneous eruptions, and remove diseases of the skin.

5. To remove the effects of mercury from the system.

6. To promote absorption of dropsical effusions.

7. To relieve difficulty of breathing, and cure asthma and other diseases of the chest and lungs.

8. To strengthen the stomach, and impart tone to the digestive organs, and cure dyspepsy and its consequent disorders.

9. To promote the healing of scrofulous and chronic ulcers.

10. To remove gouty and rheumatic pains and swellings from the joints, and cure lumbago, sciatica, &c.

11. The quinsy — the bath never fails to relieve it.

12. The croup — it may be regarded as a specific.

13. The whooping-cough — gives great relief.

14. The measles — a certain specific.

15. To cure discharges of blood from the lungs, and other internal organs of the body.

16. To cure acute and chronic inflammation, the bath, judiciously medicated, is a certain specific.

17. To cure gout, in all its forms, in a shorter period of time than any agent hitherto employed.

18. The bath has never failed to cure cholera morbus.

19. The use of the vapor bath, (with the aid of other medicines and treatment,) is a valuable remedy for the cure of fevers of every kind.

20. They relieve exhaustion, languor and fatigue, raise the spirits, tranquillize nervous irritation, assist digestion, and increase the appetite.

With the foregoing facts and incontestible evidence before us, who can say, that the Medicated Vapor Bath is not one of the greatest blessings that ever was discovered for the relief and cure of suffering humanity.

SULPHUR FUME BATHS.

The sulphur fume bath is used principally in diseases of the skin, chronic rheumatism, and other analogous affections. And in this class of disease it has been attended with greater success than any other remedy. Dr. Gales, of Paris, (to whom, more than to any other medical man, is due the credit of making the first scientific application of the sulphur bath) speaks of employing it in the treatment of gout, rheumatism, palsy, and many other diseases, with great success. The

sulphur fume bath has been in use in the principal hospitals of Paris, for more than twenty years. The number administered annually at some of these institutions is very great. At the hospital of St. Louis, alone, more than 180,000. Dr. Green, who, for many years, has been connected with one of the hospitals in London, where the sulphur fume bath constitutes an important item in the treatment of numerous diseases, states, that the success attending the practice, the satisfaction given to medical men, whose patients have been subjected to the remedy, and the general happy results to the patients themselves, equally contribute to encourage their use and extend their advantages.

Dr. Green states that of sixty-two patients whom he saw present themselves to the Baron Alibert one morning for advice, only seven were prescribed for, exclusive of these baths, as a part of the treatment.

The following remarks, upon the sulphur fume baths, are from the pen of J. V. C. Smith, M. D., (editor of the Boston Medical and Surgical Journal) :

"To produce their full and best effects upon the system, they require a nice tact on the part of the individual who superintends them, a correct knowledge of the circumstances under which they should be given, judgment as to the duration and temperature of each bath, and ability to detect with precision any peculiar operation, that may be displayed upon the cerebral, pulmonary or cutaneous organs; and like all other remedial appliances, should be saved from the hands of quackery and ignorance, with as much care as we would rescue pearls from the trampling of swine."

Dr. Smith's remarks apply equally to all Medicated Vapor Baths.

IODINE VAPOR BATHS.

These baths are used in the treatment of scrofula, salt rheum, leprosy, and almost all diseases of the skin; and we have found them more efficacious in some cases than the sulphur baths.

Iodine is a powerful remedy, and this mode of administering it is very valuable, on account of the great extent of the skin, which furnishes the means of introducing a considerable quantity of the medicine into the circulation, without deranging the digestive functions.

After these baths have been applied a few times, they usually produce a powerful impression, causing a peeling of the diseased integuments, particularly of the arms and lower limbs.

RECOMMENDATIONS.

THE undersigned would unite in recommending to the confidence and patronage of the public, the Medicated Vapor Bath Establishment, conducted by Dr. M. M. Miles. We would do it, first, from the confidence which we have in the practical excellence of the Vapor Bath, which is becoming daily more in use among the medical profession, as a remedy for various forms of disease. It is so efficacious as to succeed, when many other means have failed.

Second, we would recommend it also from our personal experience of its benefits. We have resorted to it on various occasions, and have been highly gratified with the results. We would further unite in recommending the establishment, in view of the kind attention which the patient receives while there, and for the general good management which seems to pervade the institution, and the ability and skill with which it is conducted.

WILLIAM INGALLS, M. D., Boston.
WINSLOW LEWIS, JR., M. D. "
ROBERT CAPEN, M. D. "
HENRY S. LEE, M. D. "
FRANCIS A. WILLARD, M. D. "
J. TUCKER, M. D. "
N. C. KEEP, M. D. "
E. G. TUCKER, M. D. "
A. BALL, M. D. "
A. HUNTING, M. D., Providence, R. I.
L. B. LARKIN, M. D., Wrentham, Ms.

FROM DR. JOHN C. WARREN.

BOSTON, Dec. 26, 1849.

DR. MILES,—*Dear Sir*,—This afternoon I received a note from you, in which you desire me to give some account of my experience in the use of the Vapor Bath.

In reply, I would state to you that I have used the vapor bath for catarrhal and rheumatic affections with much advantage, and I consider it one of the most valuable remedies in such cases. There are no doubt many other disorders in which it may be used advantageously. The sulphur bath I have been accustomed to employ in a number of cutaneous affections, and think highly of its virtues. My opinions, such as they are on this subject, I express with pleasure, because I think well regulated vapor baths are to be considered a public benefit.

Yours, &c.,

J. C. WARREN.

FROM DR. WM. M. CORNELL.

TO DR. M. M. MILES, — *Dear Sir*, — I have for several years past, been in the habit of using the Sulphur Fume, Iodine, Medicated, and Plain Vapor Baths, in my practice, and consider them not only as adjuncts some times in the removal of disease, but as absolutely necessary in many of its chronic forms before health can be restored. They are, in my opinion, among the most powerful auxiliaries to the medical and surgical practitioner. In the language of Dr. Culverwell, “the vapor bath is indispensable.”

Very respectfully,

WM. M. CORNELL.

Boston, Dec. 27, 1849. }
496 Washington street. }

FROM DR. M. MATTSON.

Boston, January 11, 1850.

DR. MILES, — *Dear Sir*, — Your note requesting my opinion of the efficacy of the vapor bath as a remedial agent is before me, and I take great pleasure in complying with your request. I shall be obliged, however, to express myself somewhat *briefly*, as I have not time to give the subject that consideration which its importance demands.

Having been familiar with the use of the vapor bath for at least twelve years, I feel warranted in passing a high encomium upon its remedial virtues; and, indeed, the more intimately I study the various chronic maladies which are so prevalent at the present day, the more I am convinced of the great value of the vapor bath in the treatment of these maladies. I do not mean by this that it is a specific of itself, for I have not found it to be so; but that in connection with the judicious employment of other remedies, patients will generally be relieved and cured in a much shorter time than when the bath is not employed.

The reader, whether professional or non-professional, who will familiarize himself with the history of the vapor bath, will find abundant testimony in favor of its extraordinary value, both as a remedial agent and as a means of preserving health. The poor peasants of Russia, who employ it in a rude cavern excavated in the earth; or in contrast with these, the Russian nobles, who give it a conspicuous place in their palaces; or the red men of the forest, who form a bath by bending down pliant branches of trees and covering them with skins; or the Egyptian women who revel in the bath as one of the greatest luxuries which earth can afford, will all alike testify to its renovating and curative virtues.

In Russia, this bath is used at all seasons; and notwithstanding the severity of the Russian winters, it has not been found to predispose those who employ it to take cold. Indeed, the bath imparts its heat or caloric to the blood, and hence, as I have stated in another place, is of much service to those who are exposed to a cold atmosphere. In Capt. Parry's voyage to the north pole it was found that those of the crew who employed it previous to taking their station on deck, could remain a much longer time than others who refused to use the bath.

The action which the vapor bath has upon the skin, is one reason why it is so efficacious in diseases. This tissue is one of the important chan-

nels through which the waste matter of the system is intended to be discharged, and if the kidneys or liver should not perform their functions in a healthful manner, and the blood consequently, should not be *depurated* of its impurities, the vapor bath, by increasing the action of the skin, will greatly relieve the circulation of the poisonous materials which are floating in it, and thereby insure to the suffering patient more or less relief.

Among the diseases in which the vapor bath exercises a salutary influence, rheumatism may be particularly mentioned. In a large number of the acute affections also, as colic, cramp, convulsions, croup, asthma, pain of the bladder or kidneys, and so on to the end of a long chapter, I have found it, as a general thing, to be highly efficacious.

If these hurried thoughts will be of any service to you, you are at liberty to use them in any way you may please, and I only regret that I have not more time to devote to so interesting a subject.

Yours, very truly,

M. MATTSON.

MONTGOMERY HOUSE.

MEDICATED VAPOR BATH. — The following is an extract from a communication published in the Boston Transcript some time since :

We wish, through the medium of your columns, to call the attention of the public more particularly to the establishment kept by Dr. Miles. Having ourselves enjoyed the luxury of Dr. Miles' Medicated Vapor Bath, and having also been benefitted by his medical treatment, we feel a pleasure in recommending him and his establishment to public patronage. We can assure the public, that as a means of cleansing the skin, the Vapor Baths are infinitely superior to any other, and are, besides, among the greatest luxuries that can be enjoyed.

Dr. Miles, besides being a very kind and sympathizing man, and an able and skilful practitioner, is also a gentleman of unblemished moral character, and he enjoys the confidence and respect of many among the first classes in the city, who have bestowed on him a liberal patronage.

We recommend the sick, both in the city and country, to his care ; and we assure them and the public, that if they will but once have recourse to the **MEDICATED VAPOR BATH**, they will require no solicitation to continue the practice as occasion may require.

PHINEAS CAPEN, Probate Office.

SAMUEL H. GREGORY, 25 Court Street.

A. A. CHILDS, 35 Washington Street.

MEDICATED VAPOR BATHS. — To speak in commendation of Dr. Miles' system of medical practice, would be wholly unnecessary, were it not for the erroneous opinion of many, that his system is the same as that practised by *Thomsonians*. We believe that there is but *very little*, if any resemblance in the two systems ; and we are confident that it *only* requires a *knowledge* of the excellence of his Medicated Vapor Baths to induce individuals to avail themselves of the benefits to be derived from them. This is an opinion based upon a careful investigation of the principles of preparing them, and from actual experience of their virtues.

The Baths are varied, to adopt them to the various diseases incident to our climates. They may be advantageously taken by both sick and well, without the least apprehension of taking cold, as the use of them invigorates and fortifies the system.

Those who are attacked with a bad cold, cough, rheumatism or fever, should resort to these baths at once. It is our opinion that it is one of the best conducted establishments in New England. The Ladies' department is disconnected from that of the Gentlemen. The house is tastefully fitted up, and a degree of neatness pervades the whole establishment, creditable to the proprietor's good management. Dr. Miles has devoted much study to elicit important truths on the subject of Medicated Vapor Baths; and it affords us pleasure to learn that he is rewarded by a generous patronage, which would be greatly extended if the benefits of his system of practice were more generally known and appreciated. — *American Traveller*.

MEDICATED VAPOR BATHS. — These healthy and agreeable establishments are becoming daily more popular, and their beneficial effects more fully appreciated. Dr. Miles has recently fitted up a suit of rooms, and their application is highly salutary and pleasant. The patient is seated in a chair, his feet placed in a tub of warm water, the vapor, medicinally prepared, is admitted from below, and the temperature gradually increased to such a degree as is suited to the feelings of the recipient. In a short time, the pores of the skin are opened, and a delightful perspiration ensues, which gradually increases till it becomes profuse. This gives a new impulse to the circulation of the blood, which exhilarates the animal spirits, and in a short time the patient feels as though he was a new creature. These baths are peculiarly useful in removing rheumatic pains, colds, and other complaints incident to the present season of the year. Separate apartments are provided for ladies, and every thing is arranged with the most perfect neatness, and nothing is wanting to conduce to the comfort and convenience of visitors. — *Daily Evening Transcript*.

MEDICATED VAPOR BATHS. — If any of our friends are desirous of enjoying a luxury at a small expense, and at the same time get their skins most thoroughly cleansed, we advise them to call at once to the Vapor Bath Establishment of Dr. Miles. We have always associated in our mind this establishment with steam doctors, hot drops, &c. &c., and of course paid it no attention; but on trial a few days since, found out our mistake. All persons who feel that their system is a little out of order, have a cold, a touch of the rheumatism, &c., we advise them to immediately call at this establishment. — *Christian Watchman*.

MEDICATED VAPOR BATHS. — Within a few years past, the Medicated Vapor Bath has been much resorted to, and with decided success, particularly for the cure of Chronic diseases, such as Salt Rheum, Scrofula, Rheumatism, Nervous Irritability, Diseases of the Liver, &c. The publisher of this paper has had recent opportunity of witnessing the highly favorable effects of the bath, in the case of several patients of Dr. M. M. Miles, at his establishment, in this city; and he would cheerfully recommend it to the notice of his readers, as an establishment where

every thing is conducted with propriety, and where the arrangements are under the direction of a skilful physician, qualified to advise in regard to the various cases of disease which may be presented.—*Christian Register.*

VAPOR BATH. — We invite the attention of our readers to the Medicated Vapor Bath establishment of Dr. Miles, an advertisement of which will be found in our columns. We can speak from the most agreeable experience of the admirable effects of the Vapor Bath in cleansing the skin and revivifying the system, and giving new circulation to the blood. It is a perfect luxury; and we are satisfied that it is not only a most efficacious, but a perfectly safe mode of bathing. Those who once experience its exhilarating influence will be hardly willing to wait till they are sick, for a second application. It is highly recommended for its active and salutary medical qualities, but we cannot speak of it in that respect. The best physicians recommend it for various diseases. Those who visit the establishment will find the attendants polite and attentive.—*Boston Recorder.*

THE MEDICATED VAPOR BATHS — under the care of Dr. Miles — are worthy of general use. They have proved highly beneficial in a great number of cases of disease, and are strongly recommended by physicians. The establishment is admirably fitted up for both ladies and gentlemen, and well attended. We are confident that it requires only a knowledge of the excellence of these baths to induce people to avail themselves of the benefit to be derived from them.—*Boston Post.*

MEDICATED VAPOR BATH. — A bath, of whatever description, is essential to the preservation of good health, and the medicated vapor bath is powerful in restoring it when lost, particularly in all cases of pulmonary affection. Those who find themselves, at this season of the year, with a slight hacking cough, should resort to this remedy at once. In the taking, it is the most perfect luxury a man can enjoy, independent of its after salutary effects on the health. To the invalid it is an invaluable remedy; to all, a luxury that imparts a "gloriousness" to the mind, and suppleness and elasticity to the body. To those disposed to enjoy the delights and beneficial effects of the Medicated Vapor Bath, we would cordially recommend the establishment of Dr. Miles. The location is central and yet retired, and it is fitted up in a style of perfect convenience and comfort — a pleasant sitting room, handsomely furnished, and the accommodation for the different sexes arranged on separate stories of the house.—*Boston Daily Bee.*

It will appear from the preceding pages that the theory of the Medicated Vapor Baths is founded on solid principles of physiology; that they are accredited and recommended by eminent professors of the medical science; and their *practical application* is attested by those best of all witnesses, *the sick restored to health.*

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